SEDARIS TALKS TO THE ANIMALS

THE "BOJACK HORSEMAN" STAR SPEAKS OUT. PAGE 10

metro
BOSTON No. 1 FREE DAILY IN THE US Tuesday, July 21, 2015

Demanding Boston 2024 docs

Olympics. City Councilor Tito Jackson filed a subpoena with the Boston 2024 committee Monday to access their financial documents. Jackson says the public must have full access to the first bid, which was partly redacted, in the name of "full disclosure," even though a new second bid is out. PAGE 02

Pleading for leads

PAGE 02

A Baby Doe billboard stands along I-93 north of Boston. One of 84 billboards statewide, it's asking the public for information in her case. / NICHOLAS CZARNECKI, METRO

#Paintgate selectman now faces charges

PAGE 03

Starting meditation? How an app can help

PAGE 13

Red Sox shouldn't get crazy at deadline

PAGE 16

Councilor subpoenas Boston 2024 for unredacted docs

Olympics. Tito Jackson filed a subpoena with Olympic organizers for unredacted financial documents.

City Councilor Tito Jackson called out Boston 2024 for withholding the financial plans of Olympic bid 1.0 on Monday.

Jackson filed an order for subpoena after numerous ignored requests to obtain the full unredacted version of the proposal.

Boston 2024 CEO Richard Davey told Jackson in an email that these documents were redacted in order to "preserve the confidentiality of information provided by the United States Olympic Committee and to protect the privacy interests of Boston 2024's donors."

But Jackson wasn't buying it.

"It is the lack of responsibility and accountability that led me to demand full and complete transparency of Chapters 5 and 6, which are titled Political Support and Bid Budget," Jackson said.

Chapters 5 and 6 of the original blueprint detailed the bid's budget and disclosed how Boston 2024 would gain the support needed from officials.

However, these documents were redacted when released. Since the submission of these plans, city officials like Jackson have repeatedly demanded a full unredacted version of the 1.0 bid book in the interest of transparency.

"Would you do a business deal without all available financial information? No. So why are you asking the citizens of Boston and the Boston City Council to go forward without complete disclosure?" Jackson said.

Jackson said that he believes the plans involved in the bid have a direct effect on the majority of Boston citizens, and that for this reason the information should be publicly accessible.

Boston City Councillor Tito Jackson / NICOLAUS CZARNECKI

"Again, this is about complete disclosure and this will affect the future of all neighborhoods in Boston and around Boston, and I welcome all those who want to join us in this fight for disclosure," Jackson said.

Boston city officials responded to Jackson by saying that they have always fought for transparency and disclosure as a top priority given the public concern over taxpayer dollars and the potential of having to foot the bill for the games.

After over 30 budget hearings, the city approved an annual budget of $2.8 billion for fiscal year 2016. Boston 2024 proposes a budget almost triple that — more than $14 billion — and wants it approved without full disclosure of financial documents.

"I am disappointed that Boston 2024, a group of individuals who no one has elected, would make financial promises, commitments and speculations on behalf of the city of Boston and have the audacity to tell us that it is none of our business. Look at bid 2.0 because that is the most current," Jackson said.

While the current bid, version 2.0, does outline current budget projections and anticipated costs, it fails to address a crucial question for residents: "Will taxpayer dollars end up paying for this?"

Quoted

"It is the lack of responsibility and accountability that led me to demand full and complete transparency of Chapters 5 and 6, which are titled Political Support and Bid Budget."
Jackson

"We deserve to know how these promises will affect Boston today and tomorrow. We are Boston. To be clear, I am not anti-Olympics. I'm simply pro-Boston," Jackson said. "We cannot afford to have Olympic overruns that cost us our future investment in educating our youth, housing, economic development or public safety."

KEELA SWEENEY
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1 NEWS

Top 3

The best of Metro.us

1 'Work begins in Village on Bea Arthur Residence for LGBT homeless youth'

2 'Four bridesmaids killed in drunk driving accident: Long Island cops'

3 '"Hunger Games" star calls out Kylie Jenner over cornrows selfie'

On the go

Want to read Metro on your mobile device? Get the app! All you have to do is search for Metro US in the App Store or Google Play to get all the latest in news, sports, lifestyle and entertainment for free.

NICOLAUS CZARNECKI

Police investigate shooting

Police are seen investigating a victim's death from a head wound, reportedly caused by a shooting and called a "calculated attack," at 50 Brookway Road in Roslindale on Monday morning.

Missing child. MassDOT billboards will now plead for leads on Baby Doe

Somebody has to recognize the artist rendering of the little girl on the billboards. At least, that's the hope.

The Massachusetts State Police and the Suffolk County District Attorney's office have teamed up with MassDOT to install digital billboards imploring the public to call with any information regarding the fate of Baby Doe.

Eighty-four MassDOT billboards in 50 locations across the Bay State will feature the computer rendition of the child found in a plastic bag on Deer Island last month.

The girl is estimated to have been about 4 years old with brown hair, brown eyes, standing three feet tall and weighing about 30 pounds.

A woman walking her dog one afternoon found her remains.

Despite the rapid and vast responses from coast to coast, information is frighteningly sparse.

One of the billboards / PROVIDED

Authorities released the National Center for Missing and Exploited Children's rendition of her portrait at a press conference on Thursday.

They also released pictures of the blanket and her polka-dotted leggings, all found with her in a plastic industrial-size garbage bag.

Anyone with information on the girl's identity may text the word GIRL followed by their tip to the number 67283.

The text-a-tip line is completely anonymous and does not provide authorities with any information about the tipster.

A phone line is also available at 617-396-5655.

All tips will go directly to the Suffolk County State Police Detective Unit, which is investigating the little girl's death. NATE HOMAN

Warren aims to end work schedule chaos

Working life. A new bill is gaining momentum in hopes of making work schedules more predictable.

If you've ever sat on-call or worked the dreaded slow shift at a restaurant, you know that you can count the hours of little to no pay for an otherwise normal day of work.

Sen. Elizabeth Warren has filed a bill that would require employers to stabilize worker's schedules and hours by listing shift times weeks in advance to help workers who are on call or whose shifts are cut short. She promoted the push of her bill at the Equal Exchange Cafe on Congress Street on Monday.

"Workers have always had to fight for a better life," Warren said. "We need to get legislation passed on a federal level that keeps workers' hours stable and fair."

The Schedule That Works Act of 2015 takes aim at creating consistency out of the chaos of work scheduling.

The bill says that low-wage workers polled reported having very little to no say in the hours and days they work, and 20 to 30 percent struggled with being required to work extra hours with little to no notice. Specifically, the bill focuses on fast-food workers, retail workers and cleaners.

By protecting the employees of companies with 15 or more employees, the bill would help workers have the right to ask to have their schedule shift without fear of repercussion if they need a change due to health issues, child or elderly care, a second job, continuing education or job training.

Warren said this would prevent inconveniences and allow people to pay their bills regularly. Employers would be required to put out a schedule two weeks in advance.

State Representative Sean Garballey is also pushing a similar bill in the commonwealth.

Warren / NICOLAUS CZARNECKI

NATE HOMAN
@MetroBOS
nathan.homan@metro.us

Billerica

Selectman to be charged with misdemeanor for painting crosswalks

A Billerica selectman who painted hometown crosswalks green was asked to resign and was set to face misdemeanor charges on Monday.

Police planned to charge Selectman George Simolaris with wanton damage to property after the official spent the weekend painting the crossings, town manager John Curran said Monday.

Selectman George Simolaris, a painter by trade and an outspoken local transportation activist, told Metro it was his frustration about a slow-moving project in the town center that inspired him to act.

"In our whole town, the crosswalks are deplorable," Simolaris said.

"Paintgate" began as the result of crosswalks that were supposed to be painted in November of last year, but the deadline had been pushed back several times, he said. So over the weekend, Simolaris put on his white suit and painted three-and-a-half crosswalks himself.

Curran called Simolaris' actions irresponsible and illegal.

"These crosswalks were painted with a paint that's not the right kind of paint and it was tracked all over the street," he said.

Curran said cleanup has cost the town more than $4,000.

Simolaris said Monday he is "remorseful," but has no plans to resign. SPENCER BUELL

The Vatican

Local leaders positive on Walsh's visit to Pope

Nonprofit leaders from Massachusetts are optimistic about Mayor Marty Walsh's trip to the Vatican this week to talk climate change and sex trafficking.

Roundtable discussions with Pope Francis began on Monday. The Pontiff invited 50 leaders from around the world to Rome to discuss climate change and human trafficking as part of an effort to make progress on the global issues.

The meeting could help bring attention to the sex trafficking trade, which is "huge" in Massachusetts, said Ziba Cranmer, executive director of Demand Abolition, a Cambridge nonprofit advocacy group.

"I think the pope recognizes mayors are incredibly important in terms of actually making change on the ground," Cranmer said.

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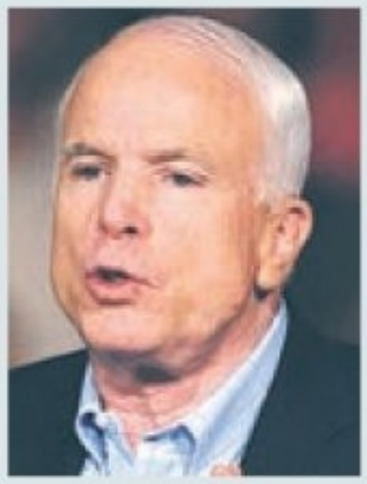
Five things you need

1 McCain urges Trump to apologize to US military families



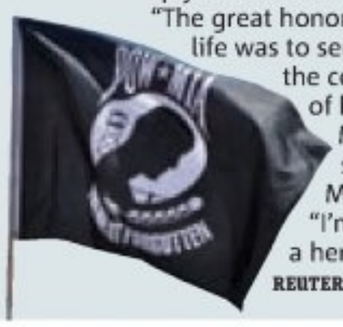
Sen. John McCain urged Republican presidential candidate Donald Trump on Monday to apologize to U.S. military families for saying prisoners of war are not heroes, in his first direct response to Trump's remarks.

Trump drew a barrage of criticism over the weekend after telling a Republican forum he did not think McCain, a Navy fighter pilot who was held prisoner for more than five years during the Vietnam War, was a hero because he was captured.

McCain played down the personal attack in an interview with MSNBC. He said he didn't think Trump owed him an apology but did owe one to military families.

"I think he may owe an apology to the families of those who have sacrificed in conflict and those who have undergone the prison experience in serving our country," McCain said.

The longtime Arizona senator and 2008 Republican presidential nominee, who himself has been called fiery and combative, struck a tone of restraint and humility in his reply.



"The great honor of my life was to serve in the company of heroes," McCain said on MSNBC. "I'm not a hero." REUTERS

2 Maine man faces charges for killing two in rampage

A Maine ex-convict accused of fatally shooting two people, kidnapping a woman and firing at police during a high-speed chase through the state's sparsely populated north faced charges related to the spree on Monday.

Dressed in a sleeveless green prison jersey, 35-year-old Anthony Lord appeared via closed-circuit television from the jail in Houlton, Maine.

Maine District Court Judge Bernard O'Mara asked the defendant if he understood he faced two counts of murder and one of kidnapping. Lord mumbled "yes" in response. REUTERS

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to know today

Spanish judge asks EU top court for key Uber ruling

A Spanish judge has asked Europe's top court if online taxi-hailing app Uber is a "mere transport service" or a digital service, as the U.S. startup claims, in a case that could set a precedent for legal battles across the continent.

A judge in Barcelona has referred a case brought by the city's main taxi operator against Uber toward the end of last year to the European Court of Justice in Luxembourg, an Uber executive said on Monday. REUTERS

Bridge collapse closes key US highway in California

A stretch of cross-country Interstate 10 will remain closed indefinitely in Southern California near the Arizona border after a bridge collapsed during a weekend storm, injuring a motorist.

The eastbound span of the bridge, carrying I-10 over a wash through the Coachella Valley, about 40 miles west of Arizona, gave way on Sunday afternoon, choking traffic along a major truck route, the California Department of Transportation said.

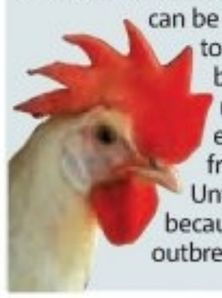
The westbound portion of the highway was closed as well because of heavy rains that had undermined the bridge's ground support. REUTERS

Iowa chicks sent as far as Brazil to evade deadly bird flu

Hy-Line International, the world's biggest genetics company for egg-laying chickens, moved part of its breeding stock from Iowa to several other states within the last few months.

The best genetic lines for egg quantity and quality can be used to breed hens year after year.

Hy-Line also shipped some of its breeding stock to Brazil to ensure the birds can be exported to overseas buyers who restrict exports from the United States because of the outbreak. REUTERS



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Hackers threaten to leak data of clients on cheating website

Data breach. It comes about two months after dating site AdultFriendFinder was compromised.

Hackers threatened to leak details, including the credit card information, nude photos and sexual fantasies of as many as 37 million customers, of a dating website that caters to cheating spouses, the KrebsOnSecurity blog reported.

AshleyMadison.com's Canadian parent, Avid Life Media, confirmed the breach on its systems, and said it had since secured the site and was working with law enforcement agencies to trace those behind the attack.

It disputed a claim made by the hackers, who call themselves The Impact Team, that a "paid delete" function will not remove all information about a member's profile and communications.

Ashley Madison website / GETTY IMAGES

Quoted

"We apologize for this unprovoked and criminal intrusion into our customers' information." Avid Life

Company officials could not immediately be reached for comment. But in an interview with KrebsOnSecurity, Avid Life Chief Executive Noel Biderman was cited as saying the company suspected someone who had access to internal networks as being behind the breach.

The Impact Team, in a screen grab shown on the KrebsOnSecurity blog, said it had taken over Avid Media systems, including customer databases, financial records and emails.

"Shutting down Ashley Madison and Established Men will cost you, but non-compliance will cost you more," the hackers said. Established Men is an affiliated website.

The hackers leaked snippets of the data online and warned that they would release customers' names, profiles, nude photos, credit card details and "secret fantasies" unless Ashley Madison and Established Men.com are taken down.

Ashley Madison, which uses the slogan "Life is short. Have an affair," has been planning to raise up to $200 million through an initial public offering on the London Stock Exchange. REUTERS

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The Cuban flag is raised over the newly reopened Cuban Embassy in Washington, D.C., for the first time since the United States severed diplomatic relations in 1961. / GETTY IMAGES

Cuban flag raised over Washington embassy

Diplomacy. In Havana, the U.S. Embassy was also reopened but with less fanfare.

The Cuban flag was raised over Havana's embassy in Washington on Monday for the first time in 54 years as the United States and Cuba formally restored relations, opening a new chapter of engagement between the former Cold War foes.

Cuban Foreign Minister Bruno Rodriguez presided over the reinauguration of the embassy, a milestone in the diplomatic thaw that began with an announcement by President Barack Obama and Cuban President Raul Castro on Dec. 17.

Serious differences remain between the United States and Communist-ruled Cuba, and efforts toward full normalization of ties are expected to proceed slowly. But the ceremony carried enormous symbolism after more than two years of negotiations between governments that had long shunned each other.

In a further sign of a desire to move past a half-century of enmity, Secretary of State John Kerry later hosted Rodriguez, the first Cuban foreign minister to visit Washington since the Cuban Revolution, for talks at the State Department.

While both men stressed the momentous occasion, they also sought to temper optimism fueled by the day's festivities.

"The historic events we are living today will only make sense with the removal of the economic, commercial and financial blockade, which causes so much deprivation and damage to our people, the return of occupied territory in Guantanamo and respect for the sovereignty of Cuba," Rodriguez said at the reopening ceremony. REUTERS

Tweeted

"Obama's rush to restore diplomatic relations with Cuba is wrong. This embassy will only serve to further legitimize repressive regime."

Jeb Bush, presidential candidate, underscored his opposition to the diplomacy on Twitter.

Proposal

Clinton's capital gains tax plan to urge focus on long-term growth

Hillary Clinton's proposed plan to overhaul capital gains taxes aims to foster long-term growth by taxing some short-term investments at higher rates, an aide for her campaign said on Monday.

Although details of the plan have yet to be finalized, it would create a sliding rate scale based on the length of an investment, rather than treating all assets held over a year as "long term," an aide with the Democratic candidate's campaign said.

Under her proposal, which was first reported by The Wall Street Journal, profits made by an individual selling an investment held for less than a year would continue to be taxed at regular income rates, which can rise to 39.6 percent for top earners, the Journal reported.

She would increase the maximum tax rate on capital gains made on assets held at least a year but no more than perhaps two or three years, currently 23.8 percent, to at least the 28 percent proposed by President Barack Obama, according to the Journal and a brief statement from a Clinton aide.

Clinton, the favorite to win the Democratic Party's nomination for 2016, has not ruled out raising it as high as the regular income tax rate, the Journal said. REUTERS

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Money blatters

Comedian Lee Nelson (not pictured) throws cash at FIFA President Joseph S. Blatter during a press conference at the extraordinary FIFA Executive Committee meeting at the FIFA headquarters on July 20, 2015, in Zurich, Switzerland. / GETTY IMAGES

Quoted

"Sepp, this is for North Korea in 2026. Cheers, Sepp — it's all there."

Lee Nelson said, before throwing the fake banknotes at the embattled FIFA chief.

After he threw the wad of fake cash into the air, Nelson was escorted away by security staff. / GETTY IMAGES

Zurich, Switzerland

Fake cash thrown at FIFA president

FIFA President Joseph Sepp Blatter was forced to halt a news conference when British prankster Lee Nelson threw a pile of fake banknotes at him. Nelson — real name Simon Brodkin — infiltrated the news conference to shower Blatter with money, in an apparent protest against the world football body's corruption scandal. METRO WORLD NEWS

History of pranks

Not the first Nelson prank

Nelson is no stranger to gate-crashing. During Kanye West's set at the Glastonbury music festival, the comic stormed the stage and started rapping before he was tackled by a guard. Last year, Nelson tried to board a flight with England's World Cup squad, mingling with players before departure from Luton Airport.

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THE WORD

Ned Ehrbar takes on the world of gossip.

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1 Man drowns in Demi Moore's pool

A 21-year-old man, Edenilson Steven Valle, was found dead in Demi Moore's private swimming pool in Beverly Hills early Sunday morning, according to Fox News. Valle was a guest of a member of Demi Moore's staff who threw a party at the actress' house while Moore was away for the weekend. "I was out of the country traveling to meet my daughters for a birthday celebration when I got the devastating news," Moore said in a statement. "My heart goes out to this young man's family and friends." Friends and family told investigators that Valle did not know how to swim. TMZ reports that police believe he slipped and fell into the pool and that there is no suspicion of foul play. **MATT LEE**

2 Miranda Lambert no longer Team Blake

Fans of both country music and long-term matrimony are likely pretty bummed today, as "The Voice" judge Blake Shelton and wife Miranda Lambert are getting a divorce. The couple announced the news via a statement to the Associated Press, so you know it's legit and that they're super-classy, as far as marriage-dissolvers go. People magazine? Bah! Telling some creepy TMZ cameraman? Never! Get me the wire service of record!

The couple first met in 2005 and were married in 2011. "This is not the future we envisioned," a rep for Shelton and Lambert says. "And it is with heavy hearts that we move forward separately. We are real people, with real lives, with real families, friends and colleagues. Therefore, we kindly ask for privacy and compassion concerning this very personal matter." Respect their realness, OK?

ALL PHOTOS GETTY IMAGES

3 Emma Watson kidnapping plot thankfully a hoax

The world is not such a sad and dark place as previously thought, as a rumored plot to abduct Emma Watson from the set of "Beauty and the Beast" turns out to be totally made up. A taxi driver near the London-area film set claims to have overheard two studio employees discussing plans to make off with the actress — and really, can you blame them? I mean, yes, of course you can if they actually kidnapped her. But can you blame them for wanting to? You know what, I'm just digging myself a deeper and deeper hole here. Anyway! "There was a concern about her safety," a source says, but apparently it didn't last very long. A spokesman for the film tells Vogue U.K., "The story was looked into by production and found to be unsubstantiated and untrue." Well, that's a relief.

4 Simon Cowell all over this 1D baby drama

Simon Cowell is patting himself on the back for talking One Direction member Louis Tomlinson off the ledge following news of his baby-making with non-girlfriend Briana Jungwirth. "I said to him, 'You man up. You're fortunate because you're in a position to be able to look after the baby and not worry too much about that,'" Cowell boasts to the Sun. "But I also told him, 'I've received bad calls in my life, but this is not one of them. This is your business, but I'm here for you.'" Thanks?

Also, Cowell certainly has an interesting way of putting a positive spin on things: "He didn't kill anyone. He got someone pregnant," he says. "It happens every day all over the world. Again, Louis has got great family around him and, look, it's a plus, not a negative."

Speaking of bad news, Cowell suggests that this baby situation, coupled with Zayn Malik's departure, might be just the opportunity the group needs to give it a rest already. Sorry, girls. "In terms of the band, they've got enough hits now they can take some time off and do some other stuff they want to do," he says. "Then I hope they'll have a little bit of time apart and want to get back together again." Can I just say that this all seems, I don't know, suspiciously well coordinated?

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Interview.
The performer hates her voice, except when it's on "BoJack Horseman."

Horsin' around with Amy Sedaris

The second season of "BoJack Horseman," now on Netflix, reunites self-hating alkie sentient horse BoJack (voice of Will Arnett) with his flustered agent/cat Princess Carolyn (Amy Sedaris). / NETFLIX

Amy Sedaris isn't crazy about watching herself, or even listening to herself. "I hate all of it," she tells us. One exception is "BoJack Horseman." On the Netflix show — whose second season launched Friday — she plays Princess Carolyn, the agent and on-again, off-again friend-with-benefits of its titular character, a former cheesy '80s sitcom star-turned-self-hating alcoholic, voiced by Will Arnett. He's also an anthropomorphic horse, and she's a cat, but that's how it rolls in the animated show's world, where people and sentient animals cohabitate and often hook up.

"A character like Princess Carolyn, I don't mind listening to at all. It all depends on the project. But I like to watch this," Sedaris admits. She confesses to feeling panicky with other projects "because you can't change it. It's the same with the cookbook I did ['I Like You: Hospitality Under the Influence']. It's hard to go back and read it because I can't change anything. It drives me crazy."

Sedaris admits that after watching the first season, she learned new things about how to do Princess Carolyn's voice, since she was finally seeing her in motion. "Once the first season came out, I saw that she moved more," she explains. "It's something you have to have in the back of your head. Maybe she doesn't talk too fast because she's moving really slow — little things like that."

The detachment from knowing what's exactly going on extends to the table reads too. Most of the cast meets up in person in Los Angeles, but Sedaris calls in from New York. "It's weird to do it over the phone while they're all in L.A.," she admits. "It's just so funny to be alone in my apartment listening to them. It's like sitting back and observing it without really seeing it."

Still, it's not as intense as it is for the animated films she's done, including "Shrek the Third" and "Puss in Boots," where there are sometimes huge gaps between recording sessions, even a year. "You always forget what you did," she says. "You go in so many times. With this, you just go in once and record it. I like this process a lot."

We don't bug her about her cult TV show "Strangers with Candy" and her "Candy" co-conspirator Stephen Colbert and his forthcoming late-night show. But we do ask if she met one of the new season's biggest cameos, Sir Paul McCartney. She did not.

"I'd almost rather meet him this way," she admits. "You don't want to meet them in person. It's too intimidating. It's like, let's just do this on opposite coasts. Perfect."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

One more thing

Her favorite toons

Sedaris' distinctive bray has earned her her share of animation work, including stints on "Bob's Burgers," "American Dad" and "Doc McStuffins," in addition to live-action appearances on "Broad City" and "Unbreakable Kimmy Schmidt." But she hasn't appeared on one of her favorites: "'The Simpsons,' of course, is the best. I'm so glad it's still around. It's never going to die. I hope it never dies."

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August 5 Strictly Sinatra - featuring Michael Dutra
August 12 Tavares - Disco Night
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4 Movie stars we'd like to see have a comeback on TV

The stampede of film stars to TV is no longer a trend — it's just a reality. As such, we've moved on from the Kevin Spaceys of the world to other movie stars who are looking for a break. For instance, this fall Wesley Snipes heads to NBC for the thriller "The Player" after a long stretch away from film that saw him most in the public eye for having legal trouble with his taxes. But we think there are plenty of other film actors ripe for a TV resurgence. Here are our picks and what we think they'd do well in. **LISA WEIDENFELD**

1 Jackie Chan

Appearing in:
a family comedy

Though Chan has "Rush Hour 3" on the horizon, he seems to be past his action-star heyday. That's OK, though — that just means it's time for him to focus on his equally great but less honored talents as a comic actor. Chan is great at physical comedy, and we can easily picture him as the beleaguered father to his hipster kids, getting in a generational clash about how easy they have it.

2 Karen Allen

Appearing in:
a tense legal drama

Allen had a stretch in the '80s where she dominated, but lately (except for that return in the "Indiana Jones" revival whose crimes are mitigated only by her presence) she's been less active. Which means it's the perfect time for her to play some kind of high-powered attorney. We're imagining a "Good Wife" and "How to Get Away with Murder" hybrid, where she's brilliant, but morally compromised (you know, like every other TV lawyer). Bonus points if they talk Harrison Ford into a cameo as her ex.

3 Winona Ryder

Appearing in:
a showbiz satire

Ryder was the "it" girl of the '90s, but a series of lackluster roles and that little shoplifting issue plus the usual "industry doesn't know what to do with women over 35" nonsense have kept her profile low. Why not spoof that? Sure, half the cast of "Friends" is doing that now ("The Comeback" and "Episodes"), but we think there's room for a sharp look at life after being an "it" girl, particularly in this golden era of lady comedy on TV.

4 Jon Lovitz

Appearing in:
a seedy lawyer comedy

Sure, Lovitz was also a TV star, but who can forget his turn in "A League of Their Own"? Wherever he's been, we'd like him to come back, with that particularly Lovitz style of scumbag he does so well. It seems too easy, but he should play a seedy lawyer a la "Better Call Saul," but, you know, funnier and less violent. We're also willing to accept him as a doctor with terrible people skills, in a pinch.

BOSTON REDEVELOPMENT AUTHORITY | OPEN HOUSE

SOUTH BOSTON-DORCHESTER AVENUE CORRIDOR STUDY

THURSDAY, JULY 30
5:00 PM - 8:00 PM

195 OLD COLONY AVE
Iron Workers Local 7 Building
South Boston, MA 02127

PROJECT DESCRIPTION:
The BRA is launching a process to create a new vision and plan for the Dorchester Avenue Corridor from Andrew Square to Broadway Station. Please visit this open house event to learn more and contribute to the corridor's future.

The BRA is also seeking nominations from residents, business owners, community organizations, and institutions to establish an Advisory Group (AG) to assist in developing the planning study. Nominees should commit to attending public meetings to be held at least one evening per month at locations in and around the study area, beginning in September 2015.

Nominations should include the nominee's name, street address, email address, and any affiliation to neighborhood organizations. Each submission should also include a statement of this person's qualification to serve on the AG. Nominations must be submitted by August 7, 2015 to Mary Knasas at the address below.

MAIL TO: MARY KNASAS
Boston Redevelopment Authority
One City Hall Square, 9th Floor
Boston, MA 02201
PHONE: 617.918.4489
EMAIL: Mary.Knasas@Boston.gov

FOR MORE INFORMATION, VISIT
http://bit.ly/PlanDotAve

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@BostonRedevelop

Teresa Polhemus, Executive Director/Secretary

BOSTON REDEVELOPMENT AUTHORITY | OPEN HOUSE

WASHINGTON STREET CORRIDOR AREA STUDY

TUESDAY, JULY 28
5:00 PM - 8:00 PM

3297 WASHINGTON ST
Brookside Community Health Center
Jamaica Plain, MA 02130

PROJECT DESCRIPTION:
The BRA is launching a process to create a new vision and plan for the Washington Street corridor area in Jamaica Plain and Roxbury approximately between Forest Hills and Jackson Square. Please visit this open house event to learn more and contribute to the area's future.

The BRA is also seeking nominations from residents, business owners, community organizations and institutions to establish an Advisory Group (AG) to assist in developing the planning study. AG members should attend public meetings to be held at least one evening per month at locations in and around the study area, beginning September 2015.

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Boston Redevelopment Authority
One City Hall Square, 9th Floor
Boston, MA 02201
PHONE: 617.918.4352
EMAIL: Marie.Mercurio@boston.gov

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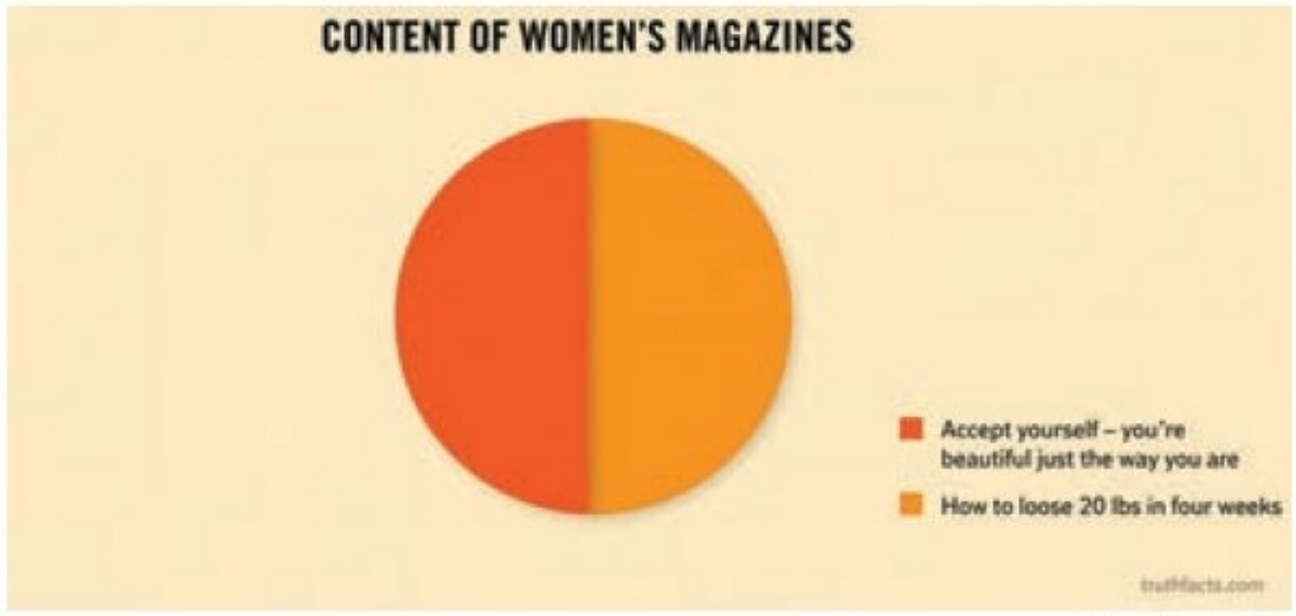
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BY WULFF & MORGENTHALER

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Aries Maintain your self- respect and don't put up with people who let you down regularly. Your friendship is too valuable to be wasted.

Taurus Don't expect others to meet your expectations. Find out what needs to be done and do it. Preparation will lead to a successful outcome.

Gemini You can outperform an opponent if you do your research. You will attract assistance if you can offer legitimate solutions.

Cancer The more places you visit, the more people you will encounter who can help you in your quest for success. Share your ideas to gain allies.

Leo Don't miss an opportunity to promote your skills. Networking will result in aid from an unlikely source. Say what's on your mind.

Virgo Emotional turbulence will leave you confused. Don't give in to pressure or manipulation. Take a break to sort through your feelings.

Libra Don't be afraid to say no if something doesn't feel right, no matter who is doing the asking. It will bring you the same result.

Scorpio An outside influence will change your perspective. Do something that inspires you. Don't stay at home hoping your big break will come.

Sagittarius Before you make a decision, make sure you have all the facts. A change of heart will make it difficult to follow through with a plan.

Capricorn A few tweaks to a project will make it a moneymaker. By investigating a similar product, you will discover a new marketing technique.

Aquarius Being confrontational will not get you ahead. If you feel too anxious to deal with others, take time to sort out your feelings.

Pisces Put some time aside for romance. A personal relationship will suffer if you become too demanding. EUGENIA LAST

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easy

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7	6						9	4
		9					2	6
	5	2		3		7		
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hard

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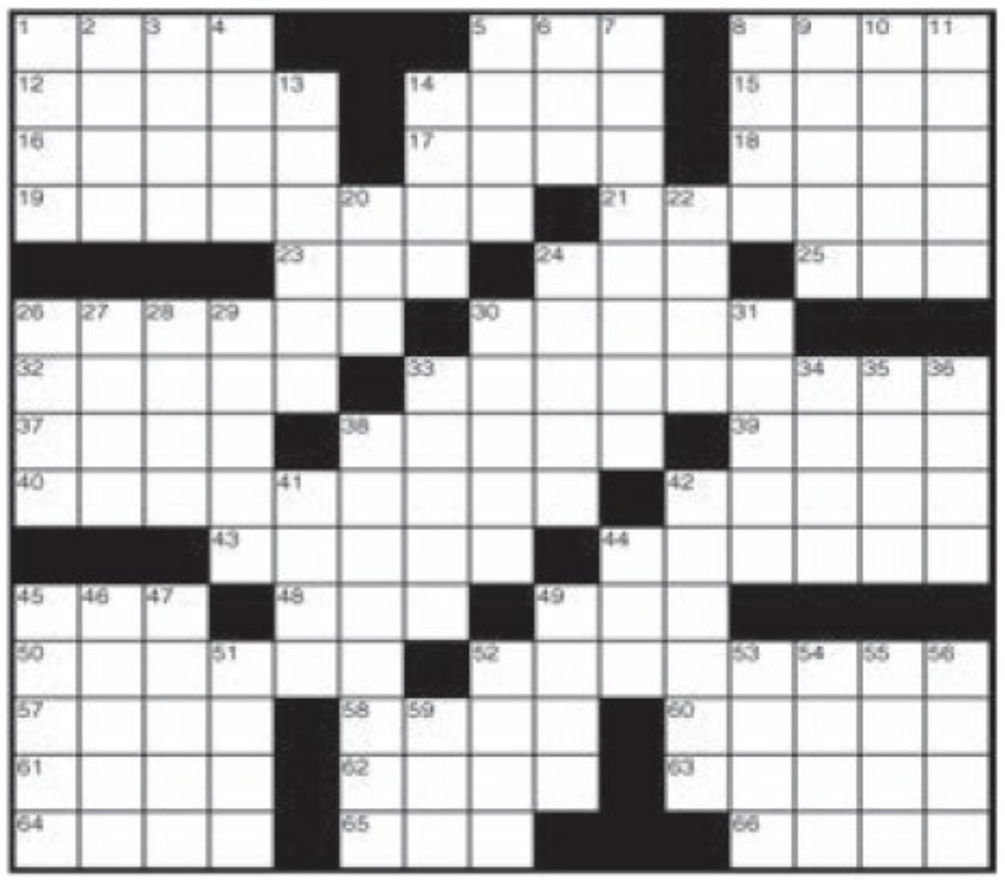

Across
1 Bring down the house
5 NFC gridder
8 Shed one's coat
12 Wooden horse saga
14 Ceremonial fire
15 Cuba, to Castro
16 — Dame
17 Glimpsed
18 Crooked scheme
19 Pub order, maybe
21 Tahini base
23 Wine cask
24 Billiard stick
25 Awesome, dude!
26 Ski lodge
30 Small jobs
32 Movie with a posse
33 Delphi oracle
37 Online journal
38 Unstable leptons
39 Zero-shaped
40 Noted Corsican
42 Teresa of —
43 Shopper's dread
44 Brunch favorite
45 S&L offering
48 Freeway clogger
49 Channel-surf
50 Unkempt
52 Tornado refuge
57 "En garde" weapon
58 Jacket style
60 Wild West show
61 Ricci of fashion
62 Hotfoot it
63 Left off
64 Gouda cousin
65 Continent divider
66 Novice

Down
1 Wedding band
2 Felipe or Matty
3 Tubular pasta
4 Accrue interest
5 Farewells
6 Suffix for press
7 Population surveys
8 Hit or —
9 A Muppet
10 Alpaca kin
11 Docile
13 It's a mile up
14 Furtive whisper
20 Don the feedbag
22 Blondie's shrieks
24 "The — Mutiny"
26 Lee J. —
27 Lunar phenomenon
28 Nefertiti's god
29 Photocopier setting
30 Quick, steady paces
31 Cook's need
33 More pristine
34 Worse than bad
35 Ever-popular attraction for consumers
36 Thin board
38 Ball club VIPs
41 Typewriter type size
42 Electrical unit
44 NATO cousin
45 Curie daughter
46 Speedy
47 Booster rocket
49 Big name in Westerns
51 Dogsled pullers
52 — Raton, Fla.
53 — Blanc
54 Whirlpool
55 Not e'en once
56 Hubbub (hyph.)
59 — kwon do

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Free (iOS, Android)

What's your goal?

There are roughly two large categories of meditation, and to understand the benefits, it is necessary to understand those categories.

Concentration: Focuses on breathing and building attention, skills and focus

Mindfulness: Doesn't focus on a specific thing; the mind is being trained to be available to anything that arises

Apps can be a helpful way to get started on your path to zen.

MEGAN FU
@ MetroBOS
letters@metro.us

Stress levels tend to run high in the city that never sleeps — it can be difficult to find time to relax and clear your head. Meditation is a helpful and healthy way to cope, but who's got the time for a class? It may seem counterintuitive, but your smartphone can help.

For most beginners, meditation feels difficult, and it can take some time and trial and error to figure out what type of guidance is best.

"As human beings, we are set up to get things done, to accomplish," says Josh Korda of the Buddhist collective Dharma Punx NYC. "We are prone to overscheduling and busyness, so the idea of settling and focusing the mind and internally letting go of achieving or doing anything can at first be a very challenging endeavor."

Korda began his practice the old-fashioned way: setting an egg timer and sitting quietly until it went off. "Believe me, it was torture for many years," he recalls. "I don't think I would ever recommend that old-school way to anyone."

But now, there are all kinds of options at your fingertips to get started. Korda and fellow Dharma Punx NYC teacher Kathy Cherry tell us how apps can be a useful tool for those trying to get into meditation.

Find the right guide

When you're trying to get into the right headspace, the teacher's voice can be important. Apps make it easy to find someone who works for you — though Korda says it's also important not to focus too much on this, as "no one likes meditation at the beginning."

Time to experiment

Korda and Cherry both agree that you're unlikely to see benefits if you don't set aside roughly 20 minutes a day, every day, for at least eight weeks. To stay motivated, experiment. "Download a bunch of guided meditations to your phone, and then when you're available to spend 15 or 20 minutes, just sit and play [them] — that's the best way to get started," says Korda. The variety may spark something and keep the sessions fresh.

Get social

Cherry uses Insight Timer (iOS and Android) because there's a built-in community. "You have the ability to join other meditation groups, and you can see others and track yourself," she says. "Connecting with other people in the process is really critical to being able to sustain your practice."

... Or get back to basics

Some people meditate during their commute, but maybe don't start there. In the beginning, you'll want to remove as many distractions as you can, Cherry advises. Choose an app that's easy to use and has a simple timer that you can customize. "Having the ability to program indicators for yourself allows you to relax," she says.

Keep your goals in mind

Training the brain to meditate is so difficult because we're programmed to constantly work and achieve. It is easy to give up. "Most will think, 'Why am I doing this? I have so much to do,' and they won't understand all the benefits," Korda says. "They won't be able to really know what the long-term goal is and what the possible benefits are."

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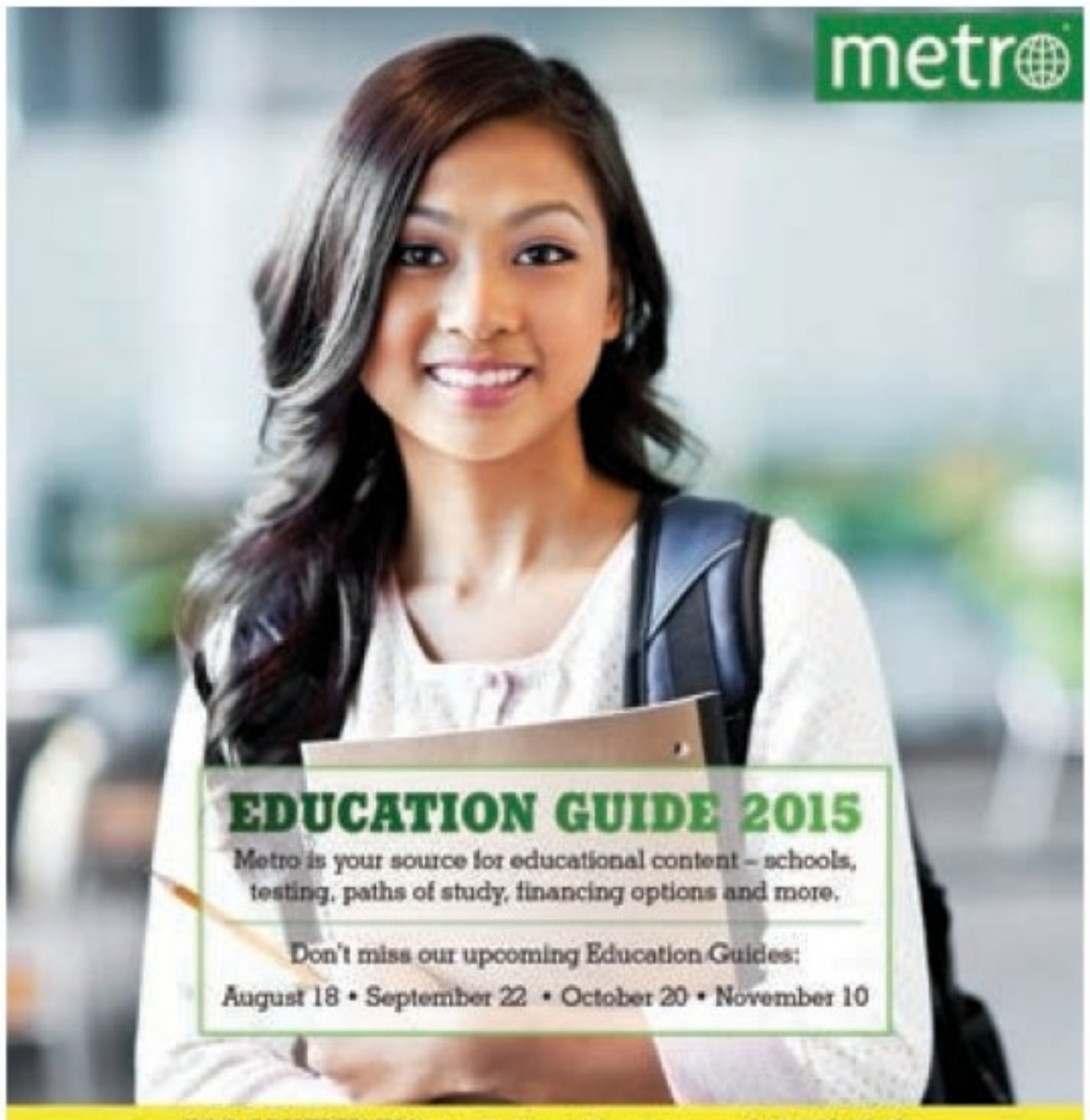
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For more information, attend their upcoming Open House on August 8th, at 10:00am at the Cambridge, Lawrence or Springfield locations. Meet with faculty, financial aid and admissions personnel, enjoy light refreshments, and learn more about the new Cambridge College MBA program.

Contact them today at **1-800-829-GRAD** or at **www.cambridgecollege.edu**.
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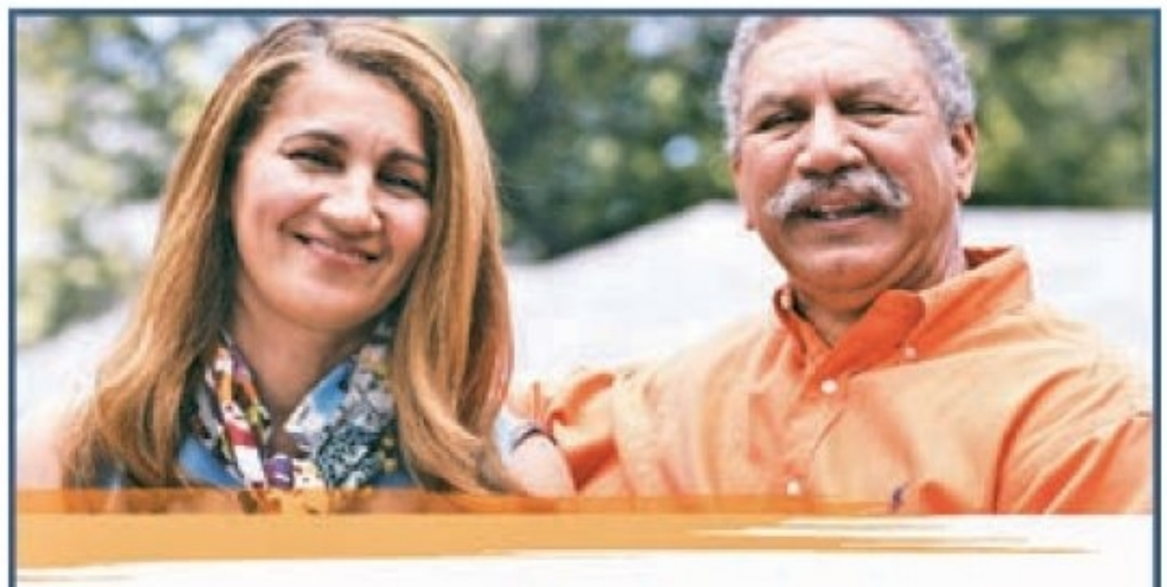

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Have you heard about Big Data? BHCC has a course called Introduction to Big Data as part of a new Data Management certificate. It's a "fast track" program that gets you to the next stop on your career journey asap.

Think about a career as a mobile app developer. The person sitting next to you could be looking at an app you created. **Or consider computer gaming** – BHCC now has an artist track and a programming track.

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Think about your future direction this summer. Come to an Open House on August 6, 2015, between 1 and 5 p.m. Or look at BHCC's new fall offerings at **bhcc.edu/new programs**.

Apply for Fall before September 4 at bhcc.edu/metro.

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SPORTS

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Cole Hamels is 5-7 with a 3.91 ERA this season. / GETTY IMAGES

A Red Sox splash wouldn't be wise

MLB. The Sox are said to still be in the market for big names, but making a major move is likely a mistake.

With the MLB trade deadline approaching, the number of times Cole Hamels' name comes up as a potential Red Sox trade target seems to grow by the day. Hamels and the Sox have been connected since — seemingly — the end of spring training, but no concrete trade proposals have ever been reported and as time goes on, a deal seems to make less and less sense for the Red Sox.

The 31-year-old left-hander is 5-7 with a 3.91 ERA this season, but lately he's been brutal. Over his last two starts, he's pitched just 6 1/3 innings, has allowed 20 hits, owns a 19.91 ERA, has walked two and has struck out five.

While it's only two starts, those numbers are quite alarming to a team that may be interested in his services. It's been reported that the Red Sox have had scouts at both of those games and the Phillies have sent scouts to some of the Red Sox' lower minor league-level games of late. Hamels would have to waive his no-trade clause to come to the Red Sox, which is no guarantee with the position the team is in anyway.

Blockbuster boys

The Red Sox haven't been shy about making bold moves around the trade deadline and were particularly busy last year.

- In 2014, the Sox landed **Yoenis Cespedes** from Oakland in exchange for **Jon Lester** and **Jonny Gomes.**
- **Ben Cherington** also sent **John Lackey** to St. Louis last year with **Allen Craig** and **Joe Kelly** heading to Fenway. **Andrew Miller** was shipped to Baltimore for **Eduardo Rodriguez** and **Stephen Drew** was dealt to the Yankees for **Kelly Johnson.**

JON LESTER
GETTY IMAGES

Let's just say Hamels would agree to be traded to the Sox. Ben Cherington would have to give up a great deal to get him — most likely three high prospects. Just as a hypothetical, say Henry Owens, Blake Swihart and Manuel Margot. By most accounts, that's far too much for a 31-year-old who has pitched in the NL East his whole career.

The Red Sox are seeing first-hand how hard of an adjustment it is for pitchers to adjust to the AL East with Rick Porcello and Wade Miley now on the staff.

In addition, Hamels' contract goes through 2018, with a team option for 2019 at $22.7 million per year — not exactly a team-friendly deal.

Instead of making a splash at the deadline, it may be best for the Red Sox to take a step back and realize their situation and see that trading a number of their top prospects is probably not a wise decision.

The Red Sox have a number of talented young pitchers coming up in their system in Eduardo Rodriguez, Brian Johnson and Henry Owens, to go along with pitchers under team control in Clay Buchholz, Miley, Porcello and Joe Kelly.

Yes, the team is in desperate need of an ace, but why give up top prospects for Hamels when the team, which likely won't make the playoffs, can try and sign an ace this offseason without having to give up anything in return?

RYAN HANNABLE
@RyanHannable
sports@metro.us

PGA Tour. Johnson wins in playoff at St. Andrew's

American Zach Johnson claimed the second major triumph of his career after winning a four-hole playoff at the end of a captivating cliffhanger of a final round in the British Open on Monday.

In an Open that never seemed to want to end, the 39-year-old surged through the field with a closing 66 before overcoming South African Louis Oosthuizen (69) and Australian Marc Leishman (66) in extra holes.

"I feel blessed to be the champion and honored to be part of the history of this game," said Johnson after a round played in a damp and heavy atmosphere but, more importantly for the players, in light winds.

One of the first to congratulate Johnson was fellow American Jordan Spieth, who failed to make the playoff by one stroke after a day of fluctuating fortunes.

Spieth, 21, bidding to become the first player since compatriot Ben Hogan in 1953 to land the opening three majors of the year, finished with a three-under 69 for 274, 14 under. **REUTERS**

MLB

Sox bring back catcher Swihart

Catcher Blake Swihart is back with the Red Sox' big league club after spending some rehab time with Double-A Portland. Swihart, who sprained his left foot on June 20, was finding his groove in Boston just prior to landing on the DL. According to ESPN, Swihart was batting .302 in the 13 games before his injury. To make room for Swihart, the Sox designated 26-year-old catcher Sandy Leon for assignment. Leon was batting just .180 in 33 games with the Sox. **MATT BURKE**

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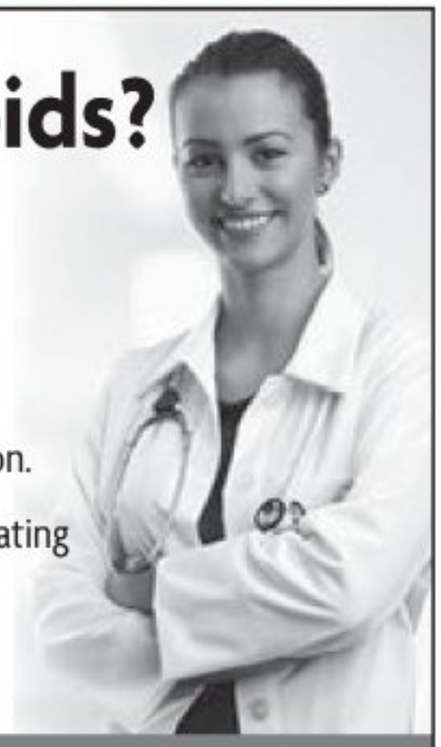

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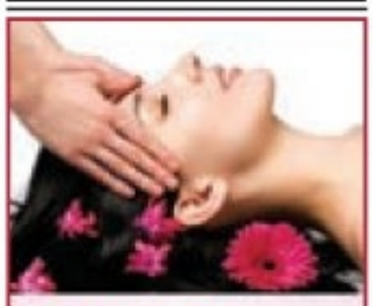

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